

## Action Items!

The following are things that you can do to **get involved ASAP**:

- Sign up for the **Parent and Guardian Newsletter** to receive more information emailed quarterly on alcohol, drugs, and mental health. Visit the Parent and Guardian Newsletter section in this newsletter.
  - Time needed: 5 minutes
- Volunteer for National Drug Take-Back Day on Saturday October 29th, 10am - 2pm. Contact **Sarah Dillivan-Pospisil** if you are interested. For more information, visit the National Prescription Drug Take-Bake section in this newsletter.
  - Time needed: 1 - 4 hours
- Help the Alliance develop new mission, vision, and values. Contact **Alison Harder** to learn more about when the work group will be meeting.
  - Time needed: 1 hour
- Help us find a new meeting time for 2023! Take this **quick survey** to share your availability.
  - Time needed: 5 minutes
- Attend the **Alcohol Policy Seminar on October 19th**. For more information on the seminar and possible funding, visit the Alcohol Policy Seminar section in this newsletter.
  - Time needed: One work day
- Visit the Alliance Social Media, and like or share a post. This month's posts will include National Take-Back Day, Red Ribbon Week and numerous awareness days and months.
  - Time needed: 5 minutes



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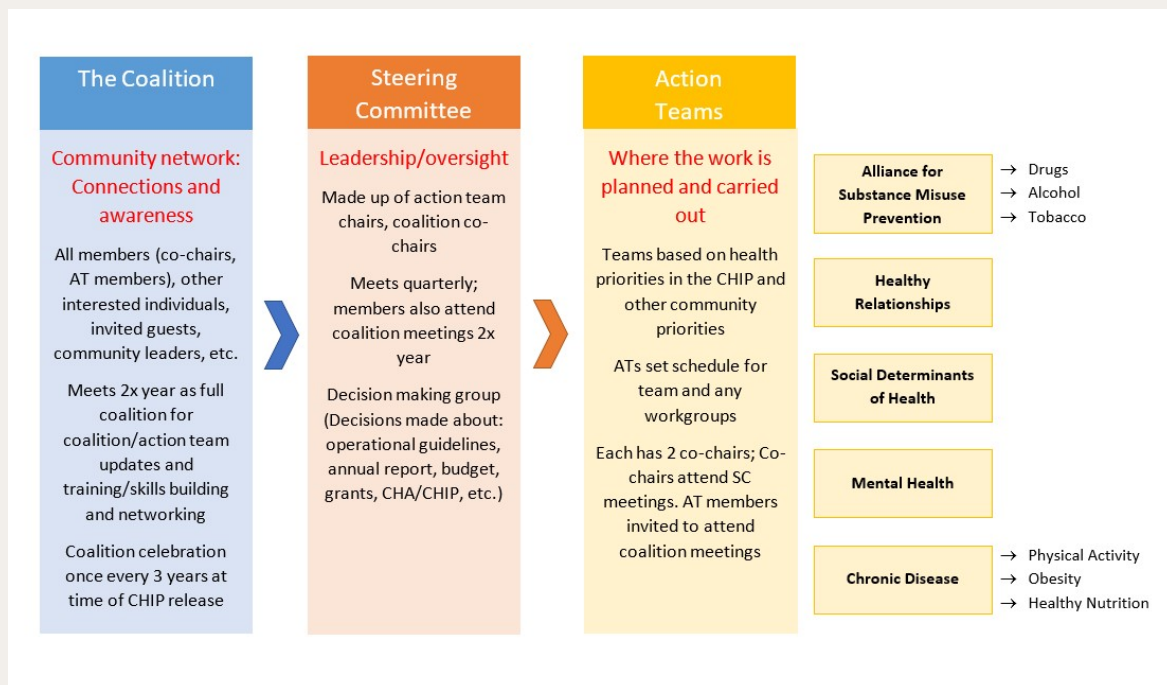
## Alliance and Healthy Communities Updates

### Alliance and Healthy Communities Merger

Work continues to merge the Alliance and Healthy Communities coalitions. Recently we have hired a firm to help with rebranding the coalition to better encompass all of the work this merged coalition will do. We are in the beginning stages of this process and have sought input from co-chairs of the Alliance, Healthy Communities, and Action Teams. As this work moves forward, we will continue to share updates and seek input from members of all of these groups. See the sample structure of the new coalition below. We plan to have the major pieces of this merger complete by early

2023.

Please reach out to **Alison Harder** with any questions.



## Help Finalize the Alliance Mission, Vision, and Values!

Calling all interested Alliance members! At our capacity building day, we started work on updating our mission, vision, and values. We made a lot of progress, and now need a group dedicated to creating final version for our coalition to vote on. This workgroup would meet 2-3 times in October with the goal of presenting final drafts for a vote at the November meeting.

Please let **Alison Harder** know if you're interested in joining this group!

## Help Find Another Meeting Time for the Alliance

Based on our feedback from our May 2022 Coalition Member Survey, our current meeting time isn't working well for all interested members. We are polling our members to find a new meeting time for our 2023 schedule. Please take **this brief survey** to share your availability.

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## Alliance Updates

### Parent Newsletter

The Alliance has started distributing a quarterly newsletter for parents and guardians to provide parents with more information on drugs and alcohol, children's mental health, and connections between these topics.

This newsletter will include information on upcoming trends, new or popular substances, how to encourage positive habits and healthy coping skills, and resources for starting conversations with children on drugs and alcohol. The **first issue** of the newsletter was emailed out on September 25th.

Sign up for the Parent and Guardian Newsletter **here**.

## National Prescription Drug Take-Back Day

The next Prescription Drug Take-Back Day is scheduled for Saturday, October 29th, from 10am-2pm at the Marshfield Medical Center - Eau Claire Medical Offices and the Altoona Police Department. Prescription drug take-back days increase the awareness of safe medication disposal in Eau Claire County. Residents are encouraged to safely dispose of expired or unwanted medications at drop off locations. It is quick and anonymous. Download the flyer on the right [here](#).

Contact **Sarah Dillivan-Pospisil** if you would be interested in helping promote the event or to volunteer.



**National Prescription Drug Take-Back Day**  
Saturday, October 29th  
10 am - 2 pm

**Dispose of your expired or unwanted medications safely on Saturday!**

Medications accepted include:

- All prescriptions and over-the-counter medications
- ointments
- liquids
- patches
- non-aerosol sprays
- inhalers
- creams
- vials
- pet medications

\*All Liquids, creams, and sprays must be in original container

**Not accepted: Needles, sharps, lancets, or EpiPens**

**Marshfield Medical Center - Eau Claire**  
curbside service  
2116 Craig Road  
Medical Offices - Door B

**Altoona Police Department**  
1904 Spooner Avenue

For more information visit  
[www.GetInvolvedASAP.org](http://www.GetInvolvedASAP.org)

The National Prescription Drug Take-Back event is hosted by the Wisconsin Department of Justice (DOJ) and the Drug Enforcement Administration (DEA) and is coordinated locally by the Eau Claire County Sheriff's Office, Altoona Police Department, Marshfield Clinic Health System, Eau Claire City-County Health Department, and the Alliance for Substance Abuse Prevention coalition.



## New Nicotine Product Release

Oral Nicotine Products are nicotine devices that include nicotine chewing gums, lozenges, gummies, and nicotine pouches. Oral Nicotine Products, ONP's for short, are often advertised as being "tobacco free" because they contain synthetic nicotine. ONP's rank just behind e-cigarettes as the second most prevalent nicotine product used by adolescents, according to a study published in the Journal of Pediatrics. These products are easy to conceal, can be hidden in plain sight, and are gaining in popularity among

young people. Dual use (using e-cigs and ONP's) is also on the rise as youth find ways to manage addiction symptoms while returning to school and other places where vaping is not allowed. These products can contain high levels of nicotine which is known to be harmful to developing brains and since they are made to look and taste like candy, they have the potential to be accidentally ingested by young children.

From our partners at **DC AACT**

## \$438.5 Million Agreement with JUUL

Wisconsin joined 33 other states and territories in suing JUUL, a manufacturer of e-cigarettes that used marketing practices aimed at youth and young adults. A 2-year investigation found that JUUL relentlessly marketed to underage users with launch parties, advertisements using young and trendy-looking models, social media posts

and free samples. It marketed a technology-focused, sleek design that could be easily concealed and sold its product in flavors known to be attractive to underage users. JUUL also manipulated the chemical composition of its product to make the vapor less harsh on the throats of the young and inexperienced users.

Wisconsin would receive about \$14.4 million from the settlement. The total payment to all states would be paid over 6 to 10 years, with the payment increasing the longer it takes to pay. For more information visit the **Wisconsin Department of Justice's** page.

From our partners at **DC AACT**

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## Alcohol Policy Seminar

Wisconsin is experiencing increased alcohol-related injury, health harms, and fatalities, and there are evidence-based ways to address and prevent injury and death. Learn how people are making positive change in their communities and discuss best practices with prevention coalitions, physicians, law enforcement, lawyers, tribal members, epidemiologists and more!



**REGISTER NOW!**  
**OCTOBER 19, 2022**  
**IN GREEN BAY, WI**  
**IT'S TIME TO REENERGIZE YOUR LOCAL ALCOHOL PREVENTION EFFORTS!**

**Get inspired by our awesome keynote speakers - Sean Haley & Carlton Hall - and hear lessons learned from experts in their field from around the state!**  
Training topics include: Alcohol 101; Health Impacts; Enforcement; Public Policies; Community Engagement; Culture and Diversity

**For more info, including the training agenda, scan the code or visit <https://bit.ly/WisAPP2022>**  
See below for CMEs, NASW, & other CEs available!

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Medical College of Wisconsin designates this for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.  
This program is approved by the National Association of Social Workers (Approval # 886940778-6288) for 5.5 continuing education contact hours.  
This program is also applying to the Wisconsin Board of Bar Examiners for Continuing Legal Education Credit approval.  
This educational event is supported by the University of Wisconsin - Stevens Point who will provide training certificates.

The Alliance is able to cover registration fees for members interested in attending virtually. Contact **Alison Harder** if you would like the Alliance to sponsor your attendance.

If your agency will cover the cost of your attendance, you can **register here.**

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## Health Equity

### Recorded Health Equity Webinars

When we work with populations that are disproportionately impacted by substance use, it's important to tailor our messaging for the groups we are trying to reach. Language is important and using outdated terms can lead to stigma and mistrust. It's important to continue to educate ourselves on updated language as well as the history and culture of the people in our community. Here are a few resources for learning more about the LGBTQ+ community:

- The Center of Excellence put together a helpful **Language Guidance When Serving LGBTQ+ Populations**
  - This guide lists updated terms that we should be using, outdated terms that we should think about changing, and why it matters
- If you want to learn more about the history and culture of the LGBTQ+



Community and more ways to be an ally, take a look at the slides from the **LGBTQ+ Cultural Training Powerpoint**  
Keep learning and keep growing!

## Post Highlight

### Delta-8 Tetrahydrocannabinol

#### Basic Information on Delta-8

Delta-8 is a form of THC, Tetrahydrocannabinol, the active ingredient in cannabis. Delta-8 is said to be about 50-75% as psychoactive as delta-9 THC, which is found in cannabis. Though not sold as cannabis, delta-8 has been reported to create a 'high' similar to cannabis.

Delta-8 can be bought over the counter as vape cartridges, joints, blunts, gummies, syrups, and tinctures. Some packaging may abbreviate the label to "D8" or "Δ8."

Delta-8 is found in small traces in hemp and cannabis, and requires chemical conversion to increase concentration.

These processes can use unsafe household chemicals and may occur in uncontrolled and unsanitary settings, leading to the presence of contaminants and potentially harmful substances.

Delta-8 is not regulated because it can be extracted from hemp, which can be legally grown in Wisconsin. There are no regulations to monitor contents or strength of Delta-8 products.

**Delta-8 is not identified separately from other forms of THC on standard drug tests, leading to positive test results.**

#### Concerns About Delta-8

⚠ No warning labels on packaging

⚠ No FDA or DEA regulations to monitor what is in products; including concentration, harmful chemicals or metals, or illegal substances

⚠ No federal or state laws setting a minimum age to purchase products

⚠ Delta-8 products are often packaged and labeled in ways that may appeal to children

⚠ Easily accessible in grocery stores, gas stations, vape shops, and online

⚠ Delta-8 products may be advertised for uses that are not proven to be safe or effective

#### Possible Adverse Effects

hallucinations  
sedation  
coma  
seizures  
slurred speech  
difficulty breathing  
uncoordinated movements

anxiety  
dizziness  
confusion  
vomiting  
tremors



Poison Control Centers received **2,362** Delta-8 exposure reports from January 1, 2021 to February 28, 2022

40% of all exposures were accidental

82% of accidental exposures involved pediatric patients

❑ Learn more about Delta-8 with our new fact sheet!

Delta-8 is a new substance that many people may have heard of, but don't know much about. This fact sheet includes general information, concerns, and what you can do to keep our community safe.

❑ View the complete fact sheet here <https://www.eauclairewi.gov/..../39884/637975476599600000>

❑ Or visit the "Marijuana & Delta 8" tab at [www.GetInvolvedASAP.org](http://www.GetInvolvedASAP.org)

## Resources

### FDA Online Vaping Prevention and Education Resources for Talking with Students

**The new resource center** provides science-based, standards-mapped materials that teachers can use to help their students understand the dangers associated with vaping and nicotine addiction. This includes numerous age-appropriate, cross-curricular resources for teachers to promote learning and begin having open conversations with youth about vaping. This resource also has information for parents and students.

### Addressing Burnout in the Behavioral Health Workforce Through Organizational Strategies

Burnout is a complex issue resulting from chronic workplace stress that encompasses exhaustion, depersonalization, and reduced personal accomplishment. **This guide** can help highlight organizational-level interventions to prevent and reduce burnout among behavioral health workers.

### Treating Substance Use Disorder Among Gender Diverse People

The term "Gender Diverse" encompasses a broad universe of gender identities and expressions. **This infographic fact sheet** provides statistics and prevalence of SUD diagnoses among Transgender and Cisgender adults, risk factors, steps organizations can take to be welcoming to gender diverse individuals, and recommendations for treatment programs.

## Online Training Opportunities

### [Stigma Series Part 1: Challenging the Stigma Surrounding Addiction](#)

October 5th, 12PM-1:30PM

## **Stigma Series Part 2: Debunking the Myths Around Addiction**

October 12th, 12PM-1:30PM

## **When Anxiety Comes With Addiction**

October 12th, 1:30PM-2:30PM

## **Prevention Basics, an Enhanced Prevention Learning Series**

Multiple dates, starting October 12th

## **Cannabis and Mental Health in Young People**

October 18th, 12PM-1PM

## **The What: Evidence-Based Alcohol Policies to Reduce Community Level Harms**

October 27th, 1PM-3PM

## **Cocaine, Meth, and Stimulant Summit**

November 2nd-4th

## **The How: A Proven and Practical Model to Guide the Development of Local Alcohol Policies**

December 8th, 3PM-5PM

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## **Next Alliance Meeting**

**In-person!**

**Room G034 at the Health Department/EC County Government Center**

**November 15th, 8 am - 9 am**

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## **About the Alliance For Substance Misuse Prevention**

### **Mission:**

To Improve the lives of Children, youth, and adults by mobilizing communities to prevent and treat alcohol, tobacco, and other drug misuse in Eau Claire County.

### **Vision:**

A community culture free from the misuse of alcohol, tobacco, and other drugs.

**Who is the Alliance?**



The Alliance for Substance Abuse Prevention (Alliance) is an Eau Claire County community-based coalition



### **What We Do:**

- Brings community volunteers and partner organizations together
- Helps coordinate and support county-wide efforts to prevent substance misuse
- Works toward our common goal of substance misuse prevention and treatment in the Community



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Visit the Alliance Website



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